



## **H-PLUS Function Exercise: EMERGENCY: TOXIC**

### **Function Command: PLUS-CLEAR, REMOVE**

#### **Purpose:**

This is your H-PLUS Function exercise to help your body learn to rid itself of harmful foreign substances.

#### **Application:**

To protect and discharge from the body system any substance that may be dangerous or injurious. Use to remove or control the effect of chemicals and poisons inadvertently consumed, insect stings and bites, venoms, etc. Use as needed.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **EMERGENCY: TOXIC** gets an assist from the H-PLUS Function exercises **TUNE-UP, SHORT FIX, RELAX, CIRCULATION** and **RESTORATIVE SLEEP**.

**Examples** – If you step on a hornet's nest, do **PLUS-CLEAR, REMOVE** with **SHORT FIX** and **TUNE UP** and **RELAX** until you can reach home and treatment. If you are accidentally contaminated by herbicides or pesticides, use **EMERGENCY: TOXIC** and **CIRCULATION** to help your system clear itself and follow with **RESTORATIVE SLEEP**. For a snake bite, apply appropriate first aid, plus **EMERGENCY: TOXIC** and **TUNE-UP**.

## Please Note:

- Use **EMERGENCY: TOXIC** immediately at the time of the chemical or poisonous insult.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

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